

M.M.E. & R.C's
M.A. RANGOONWALA COLLEGE OF PHYSIOTHERAPY AND RESEARCH

Free Physiotherapy Camp – World Osteoporosis Day 2024

Date – 26th October 2024 & **Time** – 9am to 4pm

Venue – Physiotherapy OPD, MARCOPAR, Pune

Total no. of patients tested- 127

On 26th October 2024, M. A. Rangoonwala College of Physiotherapy and Research had organized a Free Physiotherapy Camp to celebrate World Osteoporosis Day which is observed on 20th October every year. Awareness about the camp was done prior by displaying Flex, Social media Post and word of mouth. On 26th October, the camp began at 9 am and the patients coming to Electrotherapy and Exercise therapy OPD did Bone mineral density testing through DEXA scan free of cost. After testing Patients were directed to 3rd year Classroom where Dr Sanaa Naziri illustrated about Osteoporosis Condition, significance of the BMD test and Risk factors along with treatment of Osteoporosis and Prevention with Exercises through Power point Presentation and Short Basic exercise session. After the Session Osteoporosis club was introduced to Patients. Approximately 127 patients benefitted from the camp and were made aware with this silent disease.

We would like to thank Mrs. Abeda Inamdar (President, M.M.E & R.C), Dr. Arif Memon (Vice-President M.M.E&R.C), Dr. Nazim Shaikh (Secretary M.M.E & R.C) and Dr. Ronika Agrawal, (Principal M. A. Rangoonwala College of Physiotherapy and Research) for encouraging and supporting us for conducting such camps.

